Student Wellness & Early Alert Progam

WALK A MILE



IN MOCS

November 09, 2026 | Start Time: 4 PM
Meet at the Diné College Residence Parking Lot
1 MI Walk Around Campus (Circle Drive)

This event will include:

- A relaxing walk around campus
- Engaging activity

According to Harvard Health a 20-minute nature break can:

- Boosts Mood
- Reduce Stress
- Lower Blood Pressure
- Improves Sleep
- Improved Focus & Energy

What to Know:
No Pets, No Bike, Dress Warm and Comfortably. Wear your Moccasins. Water & Snacks provided.

Scan to Register

Reset your mind, Recharge, and Bring a friend & come walk with us around campus.

- Student Wellness Team

For information, contact
wellness@dinecollege.edu

Resource
Harvard Health Publishing. (2019). A 20-minute nature break relieves stress.

This event is alcohol and drug free. The sponsor assumes no responsibility for personal injury or loss, damage, or theft of property.